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From Sore Lungs! or the Coughs and Colds that make them sore, but

## YOU WILL GET AWAY

from all Throat and Lung Troubles if you take

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FOR CONSUMPTION.

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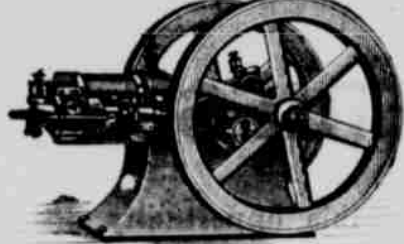
At the age of 16 I had consumption. After the use of Dr. King's New Discovery for a while I was pronounced sound. I am now 27 years old and am well and hearty.

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SAGINAW, W. S. MICHIGAN.

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often comes to our aid when we least expect hope or help. If you are one of the millions of sufferers from Nervous Debility, and the future seems gloomy and hopeless, this advertisement of

## PALMO TABLETS

will seem providential. This remedy cures the dread disease and all of its symptoms, such as dizziness, fainting, memory, drains, depression and various ailments. It has cured thousands. It will cure you. "Your money back" proves our faith.

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No. 1. Lactogen. (Lactogen is a powerful Nervous Disruptor. It attacks the nervous system, weakens the brain and all the organs and glands of the general system.)

We know each and every case whether caused by overeating, the loss of health or of nervous energy, and we will cure you.

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Prepared by NATIONAL MEDICAL INSTITUTE  
For Sale by DR. CLARK ST., CHICAGO, ILL.

## SEND US A COW,

Steer, Bull or Horse hide, Calf skin, Dog skin, or any other kind of hide or skin, and let us tan it with the hair on, soft, light, odorless and moth-proof, for robes, rug, coat or gloves.

But first get our Catalogue, giving prices, and our shipping tags and instructions, so as to avoid mistakes. We also buy raw furs and ginseng.

THE CROSBY FRISIAN FUR COMPANY,  
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## TOILET TIPS.

Boil cucumber peelings in water and use as face lotion.

Never put anything on the teeth unless you know its properties.

A pinch of borax in the bath will correct an objectionable tendency toward an oily skin.

Don't be afraid of soap. It is not the enemy to the complexion that many people consider it. It is infinitely better for the skin than the dirt which will collect in the pores.

Don't use a sponge. It no longer fills a long felt want on the toilet table because it is apt to become filled with germs poisonous to the skin. Use a bit of antiseptic cloth or the hands.

An excellent dentifrice is made from two ounces of powdered borax, one pint of hot water, two ounces of tincture of myrrin, one tablespoonful of spirits of camphor and one ounce of concentrated acetic acid.

Some women who are particular over their toilet accessories make their own tincture of benzoin. They do by breaking up half an ounce of gum benzoin and immersing it in two ounces of pure alcohol. The liquor is then strained and bottled.

## Women Who Ride Astride.

Should women in the hunting field ride astride? Those chiefly concerned have more or less decided the point by deciding that they may if they wish, for there is an appreciable number of women in England today who habitually ride astride after hounds. They do so not with the desire to look manly, but simply because it is easier to do a hard day's hunting seated firmly astride than seated sideways. The feminine appearance is strictly preserved by an ingenious arrangement of the skirt, which falls on either side of the horse. After all, ladies do not ride bicycles sideways. Accidents to women who ride astride are few and far between. The point of the hunting habit nowadays is that it must have a safety skirt which shall prevent its wearer being "hung up" in case of accident. The safety skirt is, as a matter of fact, not a skirt at all, but a covering more or less of the apron type that simulates the old flowing drapery habit of years ago, which was the cause of so many agonizing accidents to women in the hunting field.—Philadelphia Inquirer.

## Infants' Eyes.

The eye of a newborn infant turns at once toward the light, significant in more ways than one of the future needs of its being. The eyes of a baby at birth are but imperfectly developed; the eyelids and eyelashes are short and thin; the eyelids are almost transparent and allow much light to pass through them; the iris is very imperfect and lacks the pigment which comes with the growth of the baby. It is the lack of this pigment that makes the eyes of all newborn infants of the same color—namely, a dark blue. The light, which is the natural stimulus to the eye, if too strong becomes an enemy to the young. Infants should learn to use their eyes little by little, the same as they learn to use their limbs. The resting place of the baby should be turned away from the light of the window and so directed that no strong rays of light will fall directly on the eye. Especially should the eyes be protected from artificial light.

## Children's Reading.

Many mothers fail to realize the importance of carefully supervising their children's reading. They seem to forget that properly selected food for the brain is as necessary as suitable nourishment for the body. If from the beginning only the best books are put into the child's hands a taste for the best will be cultivated which will stand him in good stead through life. Later, when he is left free to browse for himself in libraries stocked with all sorts and conditions of books, he will naturally select the good from the bad.

Books serve many purposes in a child's development aside from the cultivation of good taste in literature and the accumulation of knowledge. The wise mother knows that they are her greatest allies in cultivating patriotism, in quickening the imagination and in developing humor. She also realizes that she can make her child strong morally by means of stories as in no other way.—Chicago Tribune.

## Social Functions.

"The most successful social functions are those managed by a host and a hostess," says a society scribe, "not by either alone. Leave a man to make up a party and he is sure to forget that Mrs. B. was engaged to C. before she married D., and that Mrs. C. is aware of this fact, and that the D's and E's have long been at daggers drawn, and he will have no eyes to detect the designs of Mrs. H. On the other hand, a woman gets nervous and fatigued with the constant effort to keep the ball rolling and fails just where a man would succeed. What is wanted is a division of labor, and if this were done often there would be less disappointment on the part of entertainers and entertained."

## Hangnails.

Fingers that would otherwise be pretty are often disfigured by hangnails. Nothing can well be uglier than these little red tags of flesh at the corners of one's nails. Sometimes they are caused by pushing the skin down when it is dry or using a sharp instrument, like the edge of a pair of scissors. When the skin has grown upon the nail soak the finger tips in warm water for five minutes, then push it down gently with the gentle process two or three times a day or remembers to dry the ends of the fingers by rubbing down instead of up the nails ought to keep a good shape without the danger of making hangnails.

## OTHER WORLDS.

In recent years the interest excited among all thinking people as to whether the stars and planets are inhabited or not, has made the subject one of enormous importance. Our sole knowledge of the people on other worlds and how far the people there differ from our inhabitants, can only be guessed by comparison with animal nature on this small sphere of ours. More important to us is a knowledge of ourselves. "KNOW THYSELF" was an old Greek thought. How to take care of one's own body is not so simple as some think; the human mechanism is a wonderful thing and requires watching.

## HINTS FOR RIGHT LIVING.

One man who has done more to teach the American people how to care for their bodies than almost any other, is Dr. R. V. Pierce, of Buffalo, N. Y., the Author of the "Common Sense Medical Adviser." He says: It is not the quantity of the food eaten which produces strength and health (for some people can keep strong on a very meagre diet), but it is how much food is absorbed and assimilated by the blood and carried to nourish every organ of the body. It is, therefore, vitally necessary for the body that the stomach be in a healthy state. If disease of the stomach, or what is called "stomach trouble," prevents proper nutrition then the heart, liver, lungs, and kidneys do not get proper food—they are not fed on rich red blood, and in consequence, begin to show signs of distress. Outwardly these signs may be pimples and eruptions on skin, pale face, sleepless nights, tired, languid feelings, or, by reason of the nerves not being fed on pure blood, they become starved, and we receive a warning in the pain we call neuralgia. Rheumatism, too, is a blood disease. After years of practice and study Dr. Pierce found that one of his prescriptions, made from the extracts of several plants, invariably produced a tonic effect upon the system. It helped the process of absorption of the healthy elements in the food and increased the red corpuscles of the blood, as well as eliminated the poisons from the system. This Alternative Extract he named "Dr. Pierce's Golden Medical Discovery," a medicine made entirely of botanical extracts and which does not contain alcohol. Some blood medicines do, and when alcohol touches the little red blood corpuscles they begin to shrink and are reduced to broken fragments and shapeless masses.

## A \$3,000 FORFEIT.

\$3,000 forfeit will be cheerfully paid, in lawful money of the United States, by the proprietors of Dr. Pierce's Golden Medical Discovery, if they cannot show the original statements and signatures of every testimonial among the thousands which they are constantly publishing attesting the superior curative properties of their several medicines, and thus proving the genuineness and reliability of all the multitude of testimonials volunteered by grateful people.

"Nine or ten years ago my health became very poor, and in 1892 was so far gone that good doctors pronounced my case the worst they had ever treated," writes Mr. Harvey Phipps, of Florence, Ala. "I had acute stomach trouble, liver complaint, catarrh, and was so nervous I could not sleep. Got so bad I rolled in bed with but a few minutes' sleep each night for three months. I finally took Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Pleasant Pellets, and in a few days noticed a decided improvement. I commenced to get more rest at night and could eat with pleasure. When I had used three bottles of the 'Discovery' I was a new man; could eat mince pie for supper, go to bed at seven P. M. and sleep until seven A. M. A few years later, owing to exposure and impure water, I contracted malaria. Three months' treatment by doctors failed to produce the desired results, so I got one bottle of the 'Golden Medical Discovery' and it fixed me up in good shape. Food has agreed with me perfectly since. I am now working every day in all kinds of weather, and think if I had not taken your medicines I would now be under the sod."

"About two years ago a rash appeared on the arms and legs of my nephew, a boy twelve years of age," writes H. Greenfield, Esq., of 213 East 101st Street, New York, N. Y. "We paid little attention to it at first but it kept on getting worse every day and we finally went to our family physician who pronounced it a case of eczema, and said he could cure it in a short while. After treating it about two months it got worse instead of better. I advised the use of Dr. Pierce's Golden Medical Discovery and after using two bottles the patient began to improve. The itching abated; he could sleep better; his appetite increased and we continued to use the 'Discovery' and 'Pellets' until the scales came off by the handful. We used in all twelve bottles and his whole body is to-day as clear and smooth as a baby's. This is the most wonderful and complete cure that ever came under my observation."

FREE! Dr. Pierce's Common Sense Medical Adviser is sent free on receipt of stamps to pay expense of mailing ONLY. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address: Dr. R. V. PIERCE, Buffalo, N. Y.

## AMONG ITHACA LODGES.

OFFICERS ELECTED BY THE VARIOUS FRATERNITIES.  
Several Officers Yet to Be Elected and Appointed.

DISTRICT COURT OF HONOR, NO. 619.  
The following officers were elected at a regular meeting of the Court of Honor, Tuesday evening, December 12: Chan.—Dr. Lydia Higgins. V. Chan.—Mrs. Wm. Croise. P. Chan.—W. A. VanWegen. Chap.—Mrs. Frank Conger. Con.—Mrs. Nettie Fox. Rec.—Mrs. Eudora Goodwin. Guard.—Frank Fox. Sen.—Bert Waggoner. Director.—Curtis Graham. Organist.—Alice Shoecraft.

ITHACA WOODMEN.  
At a meeting of Ithaca Camp No. 4713, Monday evening the following officers were elected for the ensuing year: Venerable Counsel—Chas. Coleman. Worthy Advisor—Wm. Wysel. Banker—Jno. Bauders. Clerk—W. A. VanWegen. Escort—Ed. Root. Watchman—Wm. Bauders. Sentry—Emery Eggleston. Board of Manager—Ralph Pettit. Physicians—Dr. B. C. Hall and F. McCandless. Member Auditing Com.—Jno. Kernen.

ITHACA MACCABEES.  
At a meeting of Ithaca tent No. 128, K. O. T. M. Tuesday evening, the following officers were elected for the coming year: L. C.—Ralph Mason. L. C.—Ophir Harling. R. K.—H. C. Moore. P. K.—F. H. McKay. Pny.—W. Montfort. Chap.—A. Humphrey. Sar.—John Wasson. M. at A.—Chas. Allen. 1st. M. of G.—Frank Allen. 2nd. M. of G.—Bert Conger. S.—A. Hubbard. P.—L. Gleason.

ITHACA GLEANER ARBOR OFFICERS.  
At the meeting of Ithaca Arbor, A. O. O. G., December 5, the following officers were elected for the ensuing year: Chief Gleaner—Mrs. John Sowle. Vice Chief Gleaner—Wm. Seaman. Sec. and Treas.—F. W. Brooke. Chaplain—Mrs. Wm. Seaman. Conductor—Lewis Coffey. Conductress—Mrs. E. B. Mills. Lecturer—Mrs. Jennie Schneider. I. G.—E. B. Mills. O. G.—David Zimmerman.

"Itching hemorrhoids were the plague of my life. Was almost wild. Doan's Ointment cured me quickly and permanently, after doctors had failed." C. F. Cornwell, Valley Street, Saugerties, N. Y.

## ITHACA CHAPTER NO. 70.

At a meeting of Ithaca Chapter No. 70, last Wednesday evening, the following officers were installed by past High Priest J. M. Everden: H. P.—J. M. McKee. K.—W. D. Watkins. S.—E. C. Farrington. C. of K.—H. C. Hill. R. A. C.—Fred Broughton. P. S.—W. S. Townsend. M. 3rd. V.—Bert Webster. M. 2nd. V.—F. M. Harrington. M. 1st. V.—Frank Oakes. Sec.—Fred Brown. Treas.—C. A. Price. Tyler—P. P. Lennox. ITHACA LODGE NO. 123 F. & A. M.  
At a meeting of Ithaca Blue Lodge last week Wednesday evening, the following officers were elected: W. M.—J. M. Everden. S. W.—Rolla Barber. J. W.—Chas. Graham. Sec.—Fred Brown. Treas.—Ray Wilkins. Marshal—P. P. Lennox. Org.—F. M. Harrington. Chap.—E. C. Farrington.

## Marriage Licenses.

Wilson Schaub, 24, Lafayette; Ida D. Muffy, 27.  
Joseph Bouch, 26, Lafayette; Sylvia West, 16, Hamilton.  
William Schaub, 29, Lafayette; Grace M. Deveraux, 21, same.  
Charles Day, 36, Oceana county; Helen Atkinson, 22, Newark.

Don't be imposed upon by taking substitutes offered for Foley's Honey and Tar. Sold by Charles Rhodes.

Wonderful Bird Flight.  
The most wonderful bird flight noted is the migratory achievement of the Virginia plover, which leaves the northern haunts in North America and, taking a course down the Atlantic, usually from 400 to 500 miles east of the Bermudas, reaches the coast of Brazil in one unbroken flight of fifteen hours, covering a distance of 3,200 miles at the rate of four miles a minute.

Getting Back.  
"Gee, no!" exclaimed the pretty cash girl. "I don't want nothin' to do with you. I wouldn't marry you if you was the last man on earth. Is that plain enough English for you?"  
"It is certainly plain enough," said the mortified bookkeeper, "but it isn't English."—Chicago Tribune.

A Contrast.  
A light supper, a good night's sleep and a fine morning have often made a hero of the same man who by indigestion, a restless night and a rainy morning would have proved a coward.

## Driven to Desperation.

Living at an out of the way place, remote from civilization, a family is often driven to desperation in case of accident, resulting in Burns, Cuts, Wounds, Ulcers, etc. Lay in a supply of Bucklen's Arnica Salve. It's the best on earth. 25c at Sharrar & Mulholland's drug store.



A Delightful Beverage  
A Safe Stimulant  
A Good Medicine

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